



Build healthy habits that last with Omada.

Omada is a digital lifestyle change program designed to help you lose weight, gain energy and reduce the risks of type 2 diabetes and heart disease.



The program surrounds you with the tools and support you need to make lasting, meaningful changes to the way you eat, move, sleep and manage stress — one small step at a time.

You'll receive the program at no additional cost if you or your covered adult dependents are:



Enrolled in the company medical plan offered through Cigna HealthcareSM



At risk for type 2 diabetes or heart disease



Accepted into the program



To get started with Omada:

- 1 Register or log into your myCigna[®] account.
- 2 Hover over “Wellness” at the top of your dashboard homepage and select “Program Marketplace” from the drop-down menu.
- 3 Scroll to bottom of the “Program Marketplace” page and click on the “See All Programs >” link.
- 4 Scroll down to the box that reads, “Diabetes Prevention Program.” Click on “Learn More,” then click on “Get Started.”

The Omada[®] program is administered by Omada Health, Inc., an independent third party service provider. All Cigna Healthcare products and services are provided exclusively by or through operating subsidiaries of The Cigna Group or its affiliates. The Omada[®] program is not administered by Cigna Healthcare. It is administered solely by Omada Health, Inc. which is responsible for the program.